

***EAST REGIONAL
TRACK AND FIELD
GUIDELINES
Revised – January 2023***

East Region Track and Field Committee

Chair:

Members:

COSSA-
COSSA -
EOSSAA -
EOSSAA-
NCSSAA-
NCSSAA -

EAST REGIONAL TRACK AND FIELD GUIDELINES (January 2023)

1. **Date of Competition**

The East Regional Track and Field Championships shall be held on the **Thursday- Friday** of the week preceding the O.F.S.A.A. Championships. There will be no rain date.

2. **Convener's Duties**

- (a) The East Regional track and field convener will **e-mail** to the three association conveners, the pertinent meet information regarding time, location, entry fees at least one month before the date of the meet.
- (b) After the conclusion of the meet, the meet convener should update any new East Regional records established during the meet and include them in the package of information to be handed on to the next association convener.
- (c) The convener shall electronically submit to the three association conveners by the end of the current school year, a copy of:
 - (i) the financial statement for the meet,
 - (ii) the results of the meet,
 - (iii) the updated records from the meet.
- (d) The Convener(s) shall set up a Jury of Appeal in advance. The members shall be comprised of **at least 3 members, at least** one from each Association. The members of the Jury of Appeal are to be available for the duration of the meet, until dismissed by the Convener(s).

3. **Age Divisions (as per O.F.S.A.A.)**

SENIOR: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

JUNIOR: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

MIDGET: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

4. **Entries**

- (a) All entries from the association conveners will be due to the convener by the Saturday immediately preceding the East Regional meet. Any exceptions to this deadline must be approved, in writing, by the East Regional track and field convener.
- (b) Each association convener must submit a single cheque or money order for the total entry fee from his/her association plus the **Association results** to the East Regional track and field convener.
- (c) Changes in the entries submitted on the entry forms will be permitted up until Tuesday prior to the meet. Athletes who wish to scratch from an East Regional event must make that known from their Association Meet.
- (d) The East Regional track and field convener should set the entry fee so that all meet expenses can be met. The entry fee should include an assessment of \$75.00 per association which pays \$225.00 to the convener for out-of-pocket expenses. Following the final financial statement, any money in the balance shall be sent to the *convener of next year's meet*. This money shall act as seed money for expenses incurred in organizing the meet.

- (e) The number of entrants in each individual event will be as follows (8 lane track facility only):

Both track and field

- host association - 6 entries
- other two associations - 5 entries.

- (f) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100 meters) and one open relay (4 x 400 meters).

- (g) O.F.S.A.A. Qualifying
The first four finishers in all events at the East Regional Meet will qualify for O.F.S.A.A.

East Regional entries to O.F.S.A.A. must be completed at the East Regional Meet.

Each Association convener or designate must be prepared to register and to pay for the entry of his/her association's athletes entries with a single cheque at the conclusion of the OFSAA Registration process.

In addition, each Association MUST submit a single cheque for payment of OFSAA Participation Fee at the same time.

All completed OFSAA Forms MUST be submitted **to the OFSAA Hub prior to the meet**. These include:

OFSAA Supervision Form	OFSAA Behavior Form
OFSAA Eligibility Form	Student/Parent Concussion Review
Coach/Trainer Concussion Review	Para Registration Forms (if required)
OFSAA Release of Liability Form (1 /participant)	

5. **Qualifying and Seeding**

Performances at the Association meets will be used for seeding purposes.

SCRATCH RULE - Once the meet begins, any athlete who scratches from a final after qualifying in the heats of the 100m, 200m, or sprint hurdles, will be ineligible to compete in any further events during **that day of the competition**.

Qualifying for sprint hurdles, 100m, 200m

- (i) There will be 2 heats of 8 runners each with the first three places in each heat, plus the next 2 fastest times advancing to the final.
- (ii) Seeding - The runners will be placed in the heats using the following format, which is based upon seed times submitted with '1' being the fastest to '16' being the slowest.

Heat # 1 - 1, 4, 5, 8, 9, 12, 13, 16

Heat # 2 - 2, 3, 6, 7, 10, 11, 14, 15

In the heats, the runners shall be randomly placed in all eight lanes.

In the final, the 4 runners with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 runners shall be randomly placed in lanes 1, 2, 7 and 8.

(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

- (iii) Ties in heat times qualifying for the final will be broken as follows:
 - (1) better placing in the same heat with identical times;
 - (2) better placing in different heats with identical times;
 - (3) if the runners are tied in times and places, then the qualifiers will be decided by drawing lots.

400m, 800m and 300m/ 400m hurdles

- (i) These events will be run as timed-section finals. There will be two sections of 8 runners in each event, with the final placing based on times.

- (ii) **The top runner from each association plus the next five fastest times shall be placed in the second timed-section. The remaining runners shall be placed in the first timed-section.**

- (iii) In both timed-sections, the 4 runners with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 runners shall be randomly placed in lanes 1, 2, 7 and 8.

(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

- (iv) If a tie occurs in times from different sections, the runners will both be given the same placing. (Please note that if a tie occurs for the 4th place time, the runner in the later section will advance to O.F.S.A.A.)
If the runners are still tied in times and places, then the qualifiers will be decided by drawing lots. There will be **NO RUNOFFS**.

Relays - 4 x 100m and 4 x 400m

- (i) These events will also be run as timed-section finals. The same procedure for breaking ties in the 400m will be used in the relays.

- (ii) The top six **relay** teams from the host association and the top five **relay** teams from the other two associations will qualify for each relay. Schools are only allowed to enter one (1) team per relay event.

- (iii) The top team from each association plus the next five fastest times shall be placed in the second timed-section. The remaining team shall be placed in the first timed-section. In each timed section, the 4 teams with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 teams shall be randomly placed in lanes 1, 2, 7 and 8.

(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

1500 metre, Open 2000 meter Steeplechase

The runners will be placed on the start line based upon a random draw for position.

3000 meters

- (i) 3000 meters are run from an 'Alley' start with a 1-turn stagger.
- (ii) Seeding - The runners will be designated to an 'alley' based on **seed times at their association meet.**

The 'alleys' **will be set up so the outside 'alley' contains the fastest 1 /3 of the entrants, while the inside 'alley' contains the slower 2/3 of the field.**

Field Events

- (i) The order in which the competitors take their trials shall be **random.**
- (ii) **Ties in Vertical Jumping Events** If this occurs in the final qualifying position for the O.F.S.A.A. meet, the following tie-breaking procedure will take place.
The competitors involved in the tie will break the tie with a jump-off immediately after the conclusion of the event. Heights attained during this tie-breaking process shall not be reflected in the final results of the competition.
- (iii) Weigh in's shall be set up by the meet convener(s) and shall be scheduled to take place at the following times:

Day 1 - 3:30 - 4:30

Day 2 - 8:30 - 10:30, 12:00 - 2:00

All implements approved by the meet shall remain the property of the meet and be brought to the event by the field event officiating crew.

THE CREW SHALL RETURN IMPLEMENTS TO THE WEIGH IN AREA FOLLOWING THE COMPETITION FOR PICK UP!

Uniform Rule

The OFSAA Uniform Policy shall be in effect during the competition.

COMPETITORS IN BOTH TRACK AND FIELD EVENTS MUST COMPETE IN THEIR SCHOOL UNIFORMS ONLY. RELAY TEAM MEMBERS MUST WEAR IDENTICAL TOPS. FAILURE TO ABIDE BY THIS REGULATION WILL RESULT IN DISQUALIFICATION.

6. Meet Structure

The East Regional Meet will conduct all events which are on the O.F.S.A.A. Track and Field Playing Regulations. At present, these include:

- (i) For girls and boys in all three divisions (Midget, Junior, Senior) 100m, 200m, 400m, 800m, 1500m, 3000m, 4 x 100m relay, high jump, long jump, triple jump, pole vault.
- (ii) For Midget and Junior girls:
80m hurdles (2'6" height), 300m. hurdles (2'6" height), shot put (**3 kg**), discus (1 kg), javelin (600 g)
- (iii) For Senior Girls:
400m hurdles (2'6" height), 100m. hurdles (2'6" height), shot put (4 kg), discus (1 kg),

javelin (600 g)

- (iv) For Midget boys:
100m hurdles (2'9"), 300m hurdles (2'9"), shot put (4kg), discus (1kg), javelin (600g)
- (v) For Junior Boys:
300m hurdles (2'9" height), 100m hurdles (3'),shot put (4 kg), discus (1 kg), javelin (600 g)
- (vi) For Senior boys:
110m hurdles (3'0" height), 400m hurdles (3'0"height), shot put (12 lb), discus (1.613 kg),
javelin (800 g)
- (vii) The following "Open" division events:
Girls 1500m Steeplechase , 4 x 400m relay
Boys 2000m Steeplechase, 4 x 400m relay
- (ix) Physically Challenged Events
Boys & Girls -
100m - Ambulatory, Intellectually Impaired, Visually Impaired
200m – Wheelchair
800m - Ambulatory, Intellectually Impaired, Visually Impaired

If there is any question about what category an athlete fits in, there will be a committee of three (OFSAA Association representative, SAC Chair, representative from a sport governing body) who will make the final decision.

7. Facilities

- (a) The meet site should include as a minimum:
 - (1) 8 lane all-weather track with markings for all running events contested at the East Regional Meet.
 - (2) seating areas or bleachers to accommodate 800+ athletes, coaches, officials and spectators
 - (3) one high jump area
 - (4) two long/triple jump pits
 - (5) one pole vault runway
 - (6) one shot put circle
 - (7) one discus circle
 - (8) one javelin area, preferably two
- (b) The following equipment is recommended for the meet:
 - (1) **Starting Line** - starting blocks (twice the number of lanes plus two extras), 4 starting pistols, 2 starters' stands 5 boxes of starting shells.
 - (2) **Finish Line** - Electronic Timing equipment, 1 timer with print -out capability, finish line posts, lap indicator, bell, 6 or 8 batons.
 - (3) **Hurdles** - (10 x number of lanes), plus 6 extras, 4 steeplechase barriers (5 if there is no water jump).
 - (4) **High Jump** - 4 standards, 3 fiberglass cross bars, adequate foam landing pits with pit covers.

- (5) **Pole Vault** - 2 standards, 2 fiberglass cross bars, adequate foam landing pits with pit covers, ladder
- (6) **Long/Triple Jumps** - 4 rakes, 2 shovels, 2 leveling boards, plasticine
- (7) **Throws** - weigh scale, toe boards for shot put, at least one legal implement for each event (shots 4 kg and 5.4 kg, discus 1 kg and 1.6 kg, javelins 600 g and 800 g)
- (8) **Miscellaneous** items - 11 tape measures, 20 clipboards, pens, competitor numbers, safety pins, 10 red flags, brooms, marking lime or paint for sectors, wind gauge

8. **Rules and Officials**

- (a) **Rules** will be used in the following order of precedence:
O.F.S.A.A., then I.A.A.F.

9. **Disqualifications and Protests**

(a) **Disqualifications**

- (i) DQ's must be announced over the PA system. In relays, the lane disqualified is to be announced at the conclusion of that race
- (ii) DQ's must be noted on the posted results.
- (iii) The Track/Field Referee must inform the teacher-coach responsible for the DQ'd athlete, indicating the reason for the disqualification from either the OFSAA Playing Regulations or the IAAF Rule book.

(b) **Protests**

- (i) Only the teacher -coach of the DQ's athlete may submit a protest
- (ii) This protest must be received in writing within 30 minutes of the official posting and be accompanied by a \$50.00 fee
- (iii) The meet convener will forward the written protest to the Jury of Appeal, for a final ruling. The decision will be conveyed to the teacher-coach by the Chair of the Jury of Appeal.
- (iv) If the protest is successful, the \$50.00 fee will be refunded. If not, this fee will be shown under Meet revenues

(c) **Adult officials:**

Host Association will be assigned to fulfill specific adult officiating positions for the East Regional Meet as designated by the meet convener. Each official will be responsible for supplying his/her own experienced crew to assist in accomplishing the duties assigned.

It is recommended that for safety reasons, two adults be assigned officiating duties at Pole Vault, Shot Put, Discus, and Javelin.

Track Umpires:

There will be a Track Referee's meeting with all Track Umpires at least 30 minutes before the first event of the day. A minimum of 8 umpires (+ chief track umpire) will be on duty at all times. They will be positioned by the Head Track Umpire. Umpires also shall serve as Relay Zone Judges.

UMPIRES ARE EXPECTED TO REMAIN ON SITE FOR 30 MINUTES FOLLOWING THE CONCLUSION OF THEIR DUTIES.

Field Umpire:

Two adults are assigned to each event. Their roles would be as follows:

Triple Jump, Long Jump	- one on board, one in pit
Shot Put, Discus, Javelin	-one on line, one in field
Pole Vault	- one on runway, one in field

High Jump

- one at bar, one on athlete control

Finish Line –

The Regional Meet Convener shall ensure the presence of electronic timing and photo finish equipment for the meet.

10.

Convener Rotation

The rotation will follow this order

NCSSAA

EOSSAA

COSSAA

EAST REGIONAL TRACK AND FIELD SCHEDULE
DAY 1: THURSDAY

NG	NOVICE GIRLS	NB	NOVICE BOYS
JG	JUNIOR GIRLS	JB	JUNIOR BOYS
SG	SENIOR GIRLS	SB	SENIOR BOYS
OG	OPEN GIRLS	OB	OPEN BOYS
AG	AMBULATORY GIRLS	AB	AMBULATORY BOYS
IDG	INTELLECTUALLY DISABLED GIRLS	IDG	INTELLECTUALLY
	DISABLED BOYS		
WCG	WHEELCHAIR GIRLS	WCB	WHEELCHAIR BOYS
VIG	VISUALLY IMPAIRED GIRLS	VIB	VISUALLY IMPAIRED
	BOYS		

TRACK EVENTS:

TIME	EVENT	TYPE	ORDER OF RACES
2:30	200 m	HEATS	NG, NB, JG, JB, SG, SB
3:15	INTERMEDIATE HURDLES	TIMED FINAL	NG, JG, SG, NB, JB, SB
4:15	200 m	FINAL	NG, NB, JG, JB, SG, SB, WCG, WCB
4:50	1500 m	FINAL	NG, NB, JG, JB, SG, SB

FIELD EVENTS:

TIME	NG	JG	SG	NB	JB	SB
1:30						PV
2:00	SP	LJ	JT	HJ	DT	TJ
3:30			PV			
4:00	HJ	DT	TJ	SP	LJ	JT

EAST REGIONAL TRACK AND FIELD SCHEDULE
DAY 2: FRIDAY

TRACK EVENTS:

TIME	EVENT	TYPE	ORDER OF RACES
9:30	2000 m STEEPLECHASE	FINAL	OG, OB
10:00	100 m	HEATS	NG, NB, JG, JB, SG, SB, AG, AB, IDG, IDB, VIG, VIB
11:00	SPRINT HURDLES	HEATS	NG, JG, SG, MB, JB, SB
11:45	800 m	TIMED FINAL	NG, NB, JG, JB, SG, SB, VIG, VIB, AG, AB, IDG, IDB
12:45	100 m	FINAL	NG, NB, JG, JB, SG, SB, AG, AB, IDG, IDB, VIG, VIB
1:15	SPRINT HURDLES	FINAL	NG, JG, SG, NB, JB, SB
2:00	3000 m	FINAL	SG, SB
2:30	400 m	TIMED FINAL	NG, NB, JG, JB, SG, SB
3:30	3000 m	FINAL	JG, JB
4:00	4 x 100 m RELAY	TIMED FINAL	SG, SB, JG, JB, NG, NB (NOTE ORDER)
5:00	3000 m	FINAL	NG, NB
5:45	4 x 400 m RELAY	TIMED FINAL	OG, OB

FIELD EVENTS:

TIME	NOVICE GIRLS	JUNIOR GIRLS	SENIOR GIRLS	NOVICE BOYS	JUNIOR BOYS	SENIOR BOYS
9:00					POLE VAULT	
9:30	JT	HJ	DT	TJ	SP	LJ
11:00	POLE VAULT					
11:00	LJ	JT	HJ	DT	TJ	SP
12:30	DT	TJ	SP	LJ	JT	HJ
1:00				POLE VAULT		
2:00	TJ	SP	LJ	JT	HJ	DT
3:00		POLE VAULT				
3:30				OPEN BOYS PARA SHOT PUT		
5:00	OPEN GIRLS PARA SHOT					

East Regional Track and Field

*** THIS FORM IS TO BE COMPLETED PRIOR TO SCHOOLS DEPARTURE FROM THE MEET***

ADD / DROP Form

Coach of Athlete

Meet Convener

DROP			ADD		
Event	Athlete	School	Athlete	School	Place/ Performance

The athlete above will not be competing at this year's OFSAA Track and Field Championships.

Dropping Athlete's
Coach's Signature

Dropping Coach's
Home Phone #
Cell Phone #

Dropping Coach's
e-mail address

Convener Checklist: Has the athlete been notified by the organizers that he/she is now entered?

YES / NO